QC

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ON THE SCENE: Night with Stars gala raises funds for STARS Air Ambulance **P. 8**

INVENTORY: Consignment done right at Echo Bella Boutique **P. 16**



MUCH MORE THAN MUSIC

TAUGHT AT THE FEET OF LEGENDS, RAMSES CALDERON PLAYS GUITAR TO HELP CHANGE THE WORLD P. 4

FREE

IN THE CITY

APRIL 6, 2014 — 2:36 P.M.

Head over heels



Gabriel Boudreau, a parkour enthusiast, does a handstand on the wheelchair-access ramp at the Saskatchewan Sports Hall of Fame in Regina. QC PHOTO BY MICHAEL BELL

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ON THE COVER P. 4



Ramses Calderon learned guitar from a master teacher in El Salvador. QC PHOTO BY DON HEALY

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SHARP EATS PG. 18



Take time out of your day for a delightful cup of tea. QC PHOTO BY MICHELLE BERG

QC COVER PHOTO BY DON HEALY

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ON THE COVER

The influence of your ancestors, they always call. – *Ramses Calderon*

CLASSICAL GUITARIST

Calderon believes in community service



Ramses Calderon was born in El Salvador and learned to play classical guitar from masters who were disciples of Agustin Barrios Mangore, a legendary guitarist and composer from Paraguay QC PHOTO BY DON HEALY

By Ashley Martin

In an orphanage in San Salvador, a 13 year old boy started learning guitar. Once a week a teacher would come in and show him the basics.

When he was 17, he left the orphanage. And when he was 18, one Saturday morning, a friend changed his life.

She asked him if he wanted to really learn guitar — from a master teacher. He said he did. She took him to see Jose Candido Morales, a former student of the legendary Agustin Barrios Mangore. The tall, elderly man told him in a deep voice to come back Tuesday.

In the pouring rain three days later, he showed up at the door, equipped with a graph paper notebook, all he had available at the time.

For the next five years, the student exchanged his own work ethic for guitar lessons. Every day, the old man would teach him what he needed to know, while the young man helped his visually impaired elder document the lessons of his own teacher.

■ ■ ■ ■

On the way to pick up his sister from kindergarten, an eight year old boy runs into two men hauling the harp of a piano. He retraces their steps and sees a piano's shell and a floor covered in sheet music, getting drenched from a leaking roof. The image sticks in his brain. Years later, he learns the house belonged to the granddaughter of Jose Escolastico Andrino, known now as the founder of classical music in El Salvador. Those drenched compositions, ruined originals of Andrino's

I do believe if I wouldn't (have gone to the orphanage) or (lived) the type of life that I was living at home when I was little, I wouldn't be who I am now. — *Calderon*

■ ■ ■ ■

Ramses Calderon barely knew his father. His mother kicked the man out of the house and he died an alcoholic in the streets. Calderon's stepfather was a drug addict and sometimes dealer. He'd store bags of pot in the boy's bedroom.

Sick of the violence in the home at age 11, Calderon took his sister Astra and ran away to an orphanage. Before long, his other four siblings followed.

"I do believe if I wouldn't (have gone to the orphanage) or (lived) the type of life that I was living at home when I was little, I wouldn't be who I am now. That shapes you," said Calderon, now 39.

Living alongside 100 other children, life was a strict routine. A 5 a.m. daily wake-up, chores before school in the morning, trades workshops after lunch (his was carpentry), rosary and studying after supper — usually beans and rice, sometimes meat. Occasionally there was room for fun, sports like basketball or soccer. And music.

Calderon's first instrument was the marimba. Each week, two music teachers would come in to teach the xylophone-like instrument. Then two years later, he started guitar lessons.

"To me, the music ... helped me to overcome a lot of things. The power of the sound, the music, helped to express yourself through that."

When Calderon was 18, he began studying with classical music experts — Morales, Julio Cortes, Andrino, Roberto Bracamonte, Cecilio Orellana and Victor Urrutia, all disciples of Mangore — and it started him on another path (though he did briefly divert to study medicine at La Tersana University).

While studying with these five learned men — a once-in-a-lifetime experience, "like starting under Beethoven" — he also began collecting the music of great Salvadoran composers.

Digging around Orellana's basement, he found scads of scores, by 150 composers, rotting in the humid climate.

"I was so fascinated, I was like the big doors just opened."



In 2009, Ramses Calderon started an organization called the Red Cultural Foundation, which seeks to preserve the music of El Salvador. QC PHOTO BY DON HEALY

It brought to mind the image of the wasted history on a puddled floor.

Though the interest in classical music was generally dwindling at the time, Calderon saw its importance, even as an 18-year-old in a newly reconciled country.

"If you know your history then you're pretty sure that you will know who you are and where you're going."

He wanted to preserve the music, and by consequence the culture.

Many people thought classical music was reserved for elite members of society but Calderon thought otherwise.

"A lot of that classical music was composed at the time based on the folk traditions and the reality that was going on at the time," said Calderon.

In 2009 he started the Red Cultural Foundation, with the purpose of cataloguing and digitizing the music.

Calderon has a spreadsheet with basic data — composer, title, time signature, tempo, instrumentation, lyrics. Staying organized prevents him from copying the same piece twice; sometimes he gets duplicates.

It can take months to transcribe one piece, which he does note by note into Sibelius, a program for composers. It's the program he uses for his own compositions too — no need to play his tunes on guitar first.

Continued on Page 6

I want to be one of those composers and guitarists who are world renowned ... Who knows how long it's going to take? But if I sit and do nothing it's never going to happen. — *Calderon*

"It's right here," he said of his songs, pointing at his head, 'so I just write it right there."

The national orchestra in El Salvador, which helps keep youth from gang life by offering free music lessons, has requested the transcriptions.

"It's very fascinating that the youth now are interested to know about their history. ... That motivates me a lot and that also inspires my compositions, my work."

In another career diversion, he taught yoga in El Salvador. He studied with some gurus, wanting to achieve a higher consciousness. But it brought him right back to the music. "You transform yourself and the life of another through music. To compose music that affects people's consciousness and to write music that make(s) people relate and help(s) people to find themselves, which is what a guru does, at an entirely different level, of course."

■ ■ ■ ■

"If I would have just focused completely on folk music, I kind of would feel incomplete, for me."

Even though Calderon gravitated to classical stylings, the meaning of folk music is not lost on him. It comes through in his compositions.

The subjects of his songs reflect his belief in human rights and environmental preservation. "Things that people get used to but don't really get to see another picture because you're so submerged in it."

Highlighting those issues in his music has always been important, even while risky. A concert at the National University was cut short when a bomb dropped, the explosion and the army's arrival dispersed the crowd.

Calderon also believes in the power of the arts as a tool for change. They enhance the well-being of a society, stimulate sensitivity and help us relate to other people.

"A song, a simple song — in a matter of seconds (can) change your mood," said Calderon. "I do believe that's why most of the governments in the world try to cut the arts, because it's a powerful tool to change the people's consciousness."

He is currently writing a symphonic poem to commemorate the 25th anniversary of the murder of six Jesuit priests by the military in November 1989, an event that spurred international pressure to end the civil war.

Telling a story through music is about expression. "I have to think about native rhythm and music that belong to people, because they were fighting for the cause, and then every thing starts to flow."

Indigenous instruments hold political meaning in a country wracked by civil war.

"It's just a pan flute or it's just an ocarina, but it is already categorized (as political), especially during the war.

"The people who were playing that, most of the people were (fighting) the continuous fight of the indigenous people for the rights, for centuries."

His blood is in his songs — his indigenous Lenca and Pipil roots mix with Spanish and Turkish lines.

It's how he makes his compositions different, like his first concerto for guitar.

"Infusing my own cultural backgrounds with the perspective of my own identity or my own realities." It's always a question of "How can I make this one that I can fuse those native instruments that reflect my identity and they relate with the reality of the people?

"The influence of your ancestors, they always call. If you hear something that belonged to your ancestors, sooner or later it will resonate in you."

Ancestry is important to Calderon, so are future generations. Though his daughter Xochil Elena is only nine months old, he's already thinking about the planet his great grandchildren will be left with. That comes through in his music too.

"Most times, people are very selfish, because we're thinking about ourselves only now. We're not thinking about the future generations.

"The system won't sustain forever.

"How can we change the selfishness?"



David McIntyre, Pauline Minevich, Ed Minevich and Ramses Calderon toured together in 2011. SUBMITTED PHOTO COURTESY OF RAMSES CALDERON

It's very fascinating that the youth now are interested to know about their history .. That motivates me a lot and that also inspires my compositions, my work. — *Calderon*

■ ■ ■ ■

Speaking of selfishness, that's part of the reason Calderon gives back.

He believes in using his skills for good. His skill is music, and he wants to share it.

"It is a great joy when you actually serve the community."

He likes working with youth, especially those in First Nations communities. "Maybe because the type of life that I went through, it's easy to relate to the youth."

He was involved in two video projects in Sandy Bay, a village located 450 kilometres northeast of Prince Albert, in 2010 and 2012.

He helped the youth to create a music video. They wanted to rap, so he helped put down a beat while they led the charge.

"The youth, what they want to talk about is their pain, they want to talk about their issues," said Calderon, who sees arts as a way to create critical-thinking youth.

In 2011, he assisted Ed Minevich in bringing music education to Piapot First Nation through the Regina Symphony Orchestra.

"I know what it is to be there because of the kind of life that I went through, so I know it is possible to get out of there, to succeed in life, to achieve what you want to do in life. It just requires patience, dedication and perseverance."

He wants to show young people that they can overcome their circumstances just as he did.

"(I) grew up in a war at the same time, grew up with home violence, but at the same time the natural disasters of the place, always hurricanes and earthquakes — the struggle how to survive."

He continued to hammer away at guitar even though a carpentry accident at age 16 cost him a fingertip. And after losing his closest sister, Astra, to lupus in 1998, he channelled his pain into his first guitar composition.

That drive to succeed, fuelled by his passion for music, has opened doors. It's how he came to Canada, first landing in Toronto in 1999 to tour with his band Xolotl (pronounced SO-lo).



Ramses Calderon with a photograph of the legendary South American guitarist Agustin Barrios Mangore. QC PHOTO BY DON HEALY

The next year he came for a two-month visit, which was extended as he tried to secure funding support for his cultural work; then again as two earthquakes devastated his home country. He officially became a Canadian resident five years later.

In the meantime, he met Michelle LaVallee, who became his wife in 2012. They moved to Regina in 2008 as she was hired as a curator at the MacKenzie Art Gallery.

His music has taken him on tour — last year he visited Canada, Cuba, Guatemala and El Salvador to promote his album Cuerdas de la Historia. In 2011, he travelled to El Salvador and Guatemala with Ed and Pauline Minevich and David McIntyre.

Four years ago, he was involved in developing the cultural platform for El Salvador's new government.

He balances those big events with day to day work, composing, transcribing, and teaching at the U of R Conservatory, he has eight students, the youngest of whom is nine years old.

Calderon's routine is not quite as regimented as the one he grew up with.

LaVallee is on maternity leave, but tackling her own big project (a catalogue documenting the MacKenzie Art Gallery's exhibition 7 Professional Native Indian Artists Inc.). Both working from home while caring for baby daughter Xochil, Calderon usually wakes up early in the morning to meditate, and stays up practising his music until 1 a.m. He doesn't have as much time to compose, sometimes he just has to write ideas down and come back to them later.

Then there are his goals, namely to promote the classical guitar scene in the city (he dreams of starting a festival and bringing in people like Leo Brouwer and Joe Williams), and to create a radio program for Salvadoran composers in his home country.

Though he's been accused of dreaming too much, Calderon doesn't think it's unreasonable to want to leave a legacy.

"I want to be one of those composers and guitarists who are world renowned, who leave a legacy to the future generations," he said. "Who knows how long it's going to take? But if I sit and do nothing it's never going to happen. I have to keep hammering to go there."

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ON THE SCENE

NIGHT WITH STARS GALA

It was all about keeping STARS in the sky

More than 400 people gathered at the Delta Regina on April 4 for the Night with STARS Gala, a fundraiser for STARS Air Ambulance.

The event raised more than $130,000 for the non-profit charitable organization which provides specialized emergency medical care and transportation for critically ill and injured patients.

"We're very appreciative of the support that we've received in Saskatchewan since we began in 2012," said David Fairbanks, STARS communications co-ordinator. "It's because of that support that we've been able to grow as much as we have, and continue growing as an organization. Saskatchewan has really adopted STARS as their own, and we're really proud of that."

The Night with STARS Gala featured entertainment by Canadian country music artists Paul Brandt and Codie Prevost, live and silent auctions, dinner and dancing.

"I was born and raised in a small Saskatchewan town and know the impact that STARS can make," said Prevost. "It is incredible that we have STARS here in Saskatchewan. You never know when you might need them."

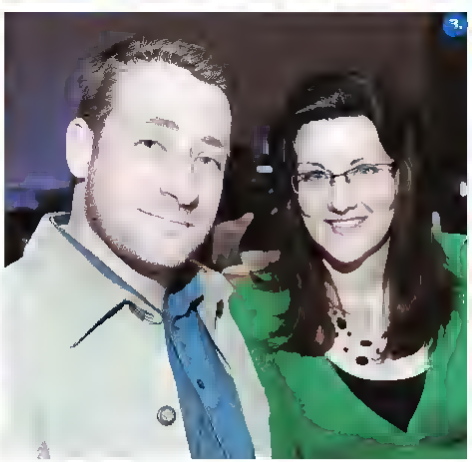
A private performance by Prevost raised $4,100 in the live auction.

A painting featuring the STARS helicopter and crew, created live by artist Jason Robins during the gala, went for $4,500.









QC PHOTOS BY DON HEALY

1. Casey and Joanne Olson, Terri Uhrich, Ron Hill

2. Jason Robins created a painting during the event that was auctioned off for $4,500

3. Jay and Nikki O'Connor

4. Ryan and Carrie Weir, STARS nurse Tammy Hagerty and her husband Jeff Hagerty

5. Christine Tell (left), minister responsible for corrections and policing, talks with Warren Steinley

6. Knights of Columbus volunteer Bernie Matsalla sells 50/50 tickets

7. Jennie Antal (left) and her husband STARS paramedic Jon Antal

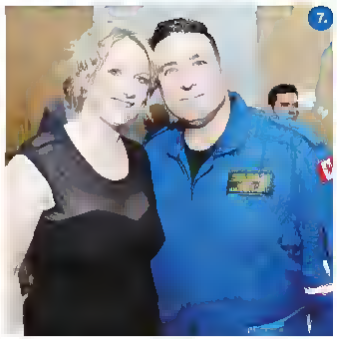
8. Vanessa Headford and Marty Seymour

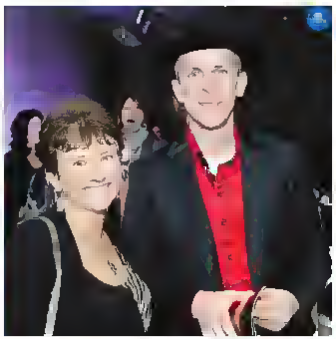
ON THE SCENE











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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, April 9

Wednesday Night Folk: The Ranga Man
Bushwakkar
2206 Dewdney Ave

WayBack Wednesdays with Leather Cobra
McNally's, 2226 Dewdney Ave

Kataklysm, Aborted, Untimely Demise, Deadrot
The Exchange, 2431 Eighth Ave

Brass Buttons EP release
7:30 p.m., The Artesian, 2627 13th Ave

Laska
Artful Dodger, 1631 11th Ave

Thursday, April 10

Music Dept. Recital
11 a.m.-2 p.m., U of R Riddell Centre Crush Area

Third Degree Birnz
The Pump, 641 Victoria Ave E

Redbeard's Birthday Bash
McNally's, 2226 Dewdney Ave

Friday, April 11

New Music Ensemble
Noon-1 p.m., U of R Riddell Centre Shu-Box Theatre

Tight, Bright and Definitely Not Alright
YQR Nite Club, 1475 Toronto St.

Spoils, White Woman
O'Hanlon's, 1947 Scarth St.

Piano Bar, Sun Zoom



Jeff "Redbeard" Corbett is celebrating his birthday with a few different parties this week. QC FILE PHOTO BY DON HEALY

Sparks, Bastard Poetry, Burlap Sac
Artful Dodger, 1631 11th Ave

Puttin' on the Foil
McNally's, 2226 Dewdney Ave

Beenie Man
Orr Centre, 4400 Fourth Ave

The Otharz
Eldorado, 2300 Dewdney

Third Degree Birnz
The Pump, 641 Victoria Ave E

Alex Runions
The Whiskey, 1047 Park St.

The Fortunate Isles, Hungar Hush
The Exchange, 2431 Eighth Ave

Saturday, April 12

Mystiqua
Regina Philharmonic Chorus
8 p.m., Knox-Metropolitan United Church, 2340 Victoria Ave

Dreams
Fleetwood Mac tribute band
Casino Regina Show Lounge
1880 Saskatchewan Dr

The Otharz
Eldorado, 2300 Dawdney

Bluaasmyth
McNally's, 2226 Dewdney Ave.

Alex Runions
The Whiskey, 1047 Park St.

Roots n' Harbs
Artful Dodger, 1631 11th Ave

Third Degree Birnz
The Pump, 641 Victoria Ave E.

Sarah Farthing
Creative City Centre
1843 Hamilton St.

The F-Holes
The Lancaster, 4529 Gordon Rd

Scott Richmond and Annetta
CBC Galleria, 2440 Broad St.

Redbeard's Rockin Birthday Bash
The Exchange, 2431 Eighth Ave

Sunday, April 13

Baroque to Broadway
Regina Symphony Orchestra free concert
2 p.m., RPL Central Branch, 2311 12th Ave

Guy Few and Nadine Mackie Jackson
2 p.m.,
U of R Riddell Centre

Songwriter Sunday
Featuring Megan Nash, Fam & Mary Carolina
7:30 p.m., Creative City Centre
1843 Hamilton St.

Omar Klein
8 p.m., Beth Jacob Synagogue, 4715 McTavish St

Redbeard's Birthday Music Event
Artful Dodger, 1631 11th Ave

Monday, April 14

Monday Night Jazz & Blues: Redbeard's Kagger Birthday Bash
Featuring Ray Eberle, Call Me Mildy, and Evan Chambers & The Third Alarm
Bushwakkar
2206 Dewdney Ave

Open Mic
Artful Dodger,
1631 11th Ave
Rick Harris Jazz
Fortuna Ristoranta Italiano, 3215 E. Quance St.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3018 Doan Dr. Call Mike,
306-550-3911.

Tuesday, April 15

Rick Harris Jazz
Fortuna Ristoranta Italiano, 3215 E. Quance St.

Music Jam
Artful Dodger, 1631 11th Ave

Tiny, Dagan Harding
O'Hanlon's, 1947 Scarth St.

VISUAL ART

HeARTland Artists' Guild Annual Show/Sale
April 11, 3-9 p.m. (meet the artists 7-9 p.m.)
April 12, 10 a.m.-5 p.m.
April 13, 10 a.m.-4 p.m.
Argyle Park Community Centre, 35 Davin Cr

Jason Cawood: Decades
Addresses the concept of scannar as camera, and the process of interpreting an image removed from its original ara and contaxt.
Until April 12. Neutral Ground, 1856 Scarth St.

Chilly Scenes of Winter
Show and sale presenting photography of Saskatchewan scenes.
Until April 25. Creative City Centre, 1843 Hamilton St

EVENTS

Shirin Neshat: Soliloquy
A dual projection video installation by world renowned Iranian-American artist Shirin Neshat, complementing the work of Saskatchewan filmmaker and video installation artist Amelie Atkins
Until April 27, MacKenzie Art Gallery, 3475 Albert St

Ken Gillespie: Western Textures
Landscape artist from B.C.
Until April 30
Assiniboia Gallery, 2266 Smith St

Barbara Steinman: The Giants' Dance
Photographic installation explores the relationship between personal belief and organized religion. Programmed in response to Soliloquy by Shirin Neshat.
Until May 4, MacKenzie Art Gallery, 3475 Albert St

Paper
Until May 10
Slate Fine Art Gallery, 2078 Halifax St

Laureen Marchand: Beholder
The flowers in her paintings are suspended, heads down, in various stages of decay
Until May 12
Art Gallery of Regina, 2420 Elphinstone St

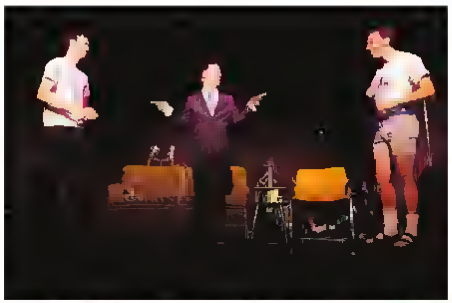
KC Adams: Birch Bark Ltd.
Winnipeg artist KC Adams presents an installation of 24 porcelain birch bark sculptures.
Until June 4, Sherwood Gallery, 6121 Rochdale Blvd.

Amelie Atkins: we live on the edge of disaster and imagine we are in a musical
Video installation highlighting the work of Saskatoon filmmaker Amelie Atkins
Until June 14, MacKenzie Art Gallery, 3475 Albert St

Melody Armstrong: Pattern Series
Until May 17, Mysterie Gallery, 2706 13th Ave.

Contemporary Canadian Landscape and Place
The Artists of Scott Nicholson Fine Arts
New exhibitions quarterly
Until July 31, Regine Centre Crossing, 1621 Albert St.

Assiniboia Gallery
2266 Smith St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.



Check out Regina's own variety show during Red Hot Riot at the Artesian on April 12. QC FILE PHOTO BY MICHAEL BELL

Nouveau Gallery
2146 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Huaiyi Tian.
2312 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Red Hot Riot
Proceeds support Creative Kids Sask.
April 12, 8 p.m.
The Artesian, 2627 13th Ave.

The Laugh Shop
Live standup every Saturday night, 9:30 p.m.
Ramada Hotel, 1818 Victoria Ave.

PERFORMANCE

Taking Steps
Regina Little Theatre
April 9-12
Regina Performing Arts Centre, 1077 Angus St.

How to Give Feedback
Workshop for poets and performers
Every Thursday, 7-9 p.m.
Creative City Centre, 1843 Hamilton St



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EVENTS

Le Bourgeois Gentilhomme de Molière
Lecture publique par le Theatre Oskana
April 10 and 11, 8 p.m.
Carrefour Horizons, 1440 Ninth Ave. N.

Bottoms Up Burlesque: Prohibition Days
Adults only
April 11, 7:30 p.m.
The Artesian, 2627 13th Ave.

Divas 12: Apocalypse Wow
April 12, 9 p.m.
The Owl, U of R Riddell Centre

Blueprint Series
April 13, 2 p.m.
New Dance Horizons, 2207 Harvey St.

Vontrapped: The Sounds of Music
Until June 13.
Applause Dinner Theatre, lower level, 1975 Broad St.

SPECIAL EVENTS

RCMP Sergeant Major's Parade
Wednesday, Friday and Monday, 12:45 p.m.
RCMP Depot Division, 5600 11th Ave

Kitchen Goddess
Learn to use ingredients from your kitchen to pamper yourself
April 9, 7-8 p.m.
RPL Prince of Wales Branch, 445 14th Ave.

Meditation Yoga
April 9, 7:30 p.m.
RPL Glen Elm Branch, 1601 Dewdney Ave. E.

Saskatchewan Prayer Breakfast
With guest speaker Zarqa Nawaz.
April 9, 6 p.m.
Convention Hall, Conexus Arts Centre

2014 Tansley Lecture
Public-Private Collaboration
The Key to Overcoming Some of our Toughest Challenges, presented by John Manley.
April 9, 5-9 p.m.
Ramada Hotel, Canadian Ballroom, 1818 Victoria Ave

Pasqua Hospital Auxiliary Gift Shop Spring Sidewalk Sale
Proceeds toward new medical equipment.
April 9-10, 9 a.m.-4:30 p.m.
Front Entrance, Pasqua Hospital, 4101 Dewdney Ave

Candence competition
April 10-13
Conexus Arts Centre, 200 Lakeshore Dr.

Regina Farmers' Market
April 10, 10 a.m.-2 p.m.
U of R Research and Innovation Centre Atrium



The annual First Nations University Pow Wow takes place at the Brandt Centre this weekend QC FILE PHOTO BY MICHAEL BELL

Spargelfest
German asparagus dinner
April 10 and 11, 6 p.m.
German Club, 1727 St. John St.
Call 306-352-5897 for tickets ($30).

Rosas for the Prairies
Join a Regina-area horticulturalist for a discussion of the best roses to grow in the area, including an introduction to their care and maintenance.
April 10, 7-8 p.m.
RPL Bothwell Branch, Southland Mall, 2965 Gordon Rd.

Seeds and Sovereignty
Discussion on property rights in seeds, and the implications for diversity, gardeners and the food supply. Free seeds for spring planting available.
April 10, 7-8:30 p.m.
RPL Regent Place Branch, 331 Albert St.

Sciences Pub
This is Your Brain On Plants, presented by dean of science Daniel Gagnon
April 10, 7 p.m.
Bushwakker Arizona Room, 2206 Dewdney Ave.

The Trouble With Beauty book launch
April 10, 7:30 p.m.
Slate Fine Art Gallery, 2078 Halifax St.

4th Annual KHS Distinguished Alumni & Awards Dinner
April 11, 6-9:30 p.m.
Hotel Saskatchewan Radisson Plaza Regency Ballroom, 2125 Victoria Ave

Roots Bloody Roots
High Impact Wrestling
April 11, 6:30 p.m.
The Exchange, 2431 Eighth Ave.

Regina Coin Club Spring Show
April 12-13
Turvey Centre, Armour Road

Hypnotist Wayne Morris
April 10, 7 p.m.
The Pump, 641 Victoria Ave E.

Teenage suicide info meeting
Guest speaker is Ron Mainse from 100 Huntley St. TV program. For information call 306-543-8750
April 11, 7:30 p.m.
Travelodge, 4177 Albert St.

Run for the Girls
Fun walk/run hosted by the Girl Guides of Canada Southern Horizon Area.
April 12, 9 a.m.
Start & Finish locations are at the Lionel Peyachew sculpture — near First Nations University.

Regina Farmers' Market
April 12, 9 a.m.-1 p.m.
Cathedral Neighbourhood Centre, 2900 13th Ave.

Franco Club
Practise and improve your spoken French.
April 12, 10-11:30 a.m.
U of R Institut Francais Rotunda, second floor Language Institute Building.

Majestics Car Show
April 12, 10 a.m.-10 p.m.
April 13, 10 a.m.-5 p.m.
Canada Centre Building, Evraz Place

First Nations University Pow Wow
April 12-13, Grand Entry at noon and 7 p.m.
Brandt Centre, Evraz Place

Bake Sale
April 12, 1-3 p.m.
St. Basil's Parish Centre, 1717 Toronto St.

Wascana Floodplains and Bratt's Lake
Take a drive in the Kronau-Estlin area to look for sheetwater, snow geese, hawks, ducks and songbirds.
April 13, 1:30-4 p.m.
Meet at the Royal Sask Museum parking lot, 2445 Albert St.

YWCA Women of Distinction Nominees Reception
April 13, 5:30 p.m.
Conexus Arts Centre, 200 Lakeshore Dr.

Regina Summer Stage Auditions: Into the Woods
April 13 and 14, 7:30-9:30 p.m.
Regina Performing Arts Centre, 1077 Angus St.

Low Water Gardening
Practical ideas for existing yards and handy tips to reduce your eco footprint and water bills.
April 15, 7-8:30 p.m.
RPL Sunrise Branch, 3130 E. Woodhams Dr.

EVENTS

Laughter Yoga
April 15, 7:30-8:30 p.m.
RPL Central Branch, 2311 12th Ave

ChewsDay Challenge
Drop-in gathering of board game enthusiasts.
Every Tues., 6 p.m.-midnight.
Boston Pizza, 545 Albert St. N.

DANCING

Rebel Night Dance Club
April 11, 7:30-10:30 p.m.
Northeast Community Centre, 160 Broad St.

Relay For Life Fundraiser Dance
Music by Cornerstone and Becky & the Jets
April 12, 8 p.m.-midnight
Holy Child Parish Hall, 2636 Seventh Ave. E

FOR FAMILIES

Stars and Strollers
Wednesday, 1 p.m.
Cineplex Odeon Southland Mall, 3025 Gordon Rd

Bake A Difference
Combat bullying through baking, spread kindness with a cookie
Wednesday, 5-7 p.m.
Sweet Ambrosia Bakeshoppe, 230 Winnipeg St. N.

Drop In Indoor Playground
Friday, 9-11:45 a.m.
South Leisure Centre, 170 Sunset Dr.

Mom and Tot Bored Meetings
Hosted by Kate Murray, 306-216-2511.
Friday, 10-11:30 a.m.
Early Learning Family Centre, Scott Collegiate, 3350 7th Ave.

Spring and Summer Clothing & Toy Sale
Hosted by Regina Parents of Multiples Association
April 12, 9:30 a.m.-noon
Caledonian Curling Club, 2225 Sandra Schmirler Way

Build and Grow Clinics
Build a special feature project.
For children age 5 and up
Saturday, 10 a.m.
Lowes, 4555 Gordon Rd.

Family Favourites films
Enjoy a favourite film for just $2.50
Saturday, 11 a.m.
Galaxy Cinemas, 420 McCarthy Blvd. N.

Science Centre family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler Jungle Gym
Monday, 9:30-11 a.m.
Al Ritchie Family Wellness Centre, Core Ritchie Neighbourhood Centre, 445 — 14th Ave

Science Time for Tots
Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Mom's Morning Out
3200 Avonhurst Dr., swalter@sasktel.net

Mothers of Pre-Schoolers (MOPS)
Rosewood Park Alliance Church, mops@rosewoodpark.ca

Regina Newcomers Club
reginanewcomersclub@gmail.com

Time Out For Parents
Al Ritchie Family Wellness Centre, 2250 Lindsay St., 306-525-4989, arfwp@sasktel.net

Y's Moms Group
YMCA, 2400 13th Ave., 306-757-9622

Y's Moms Group for Multiples
YMCA, 2400 13th Ave., meets the third Thursday of the month at 1:30 p.m.

YWCA Regina
1940 McIntyre St., 306-525-2141

MUSEUMS

Alex Youck School Museum
1600 Fourth Ave
Tours by appointment only
Call (306) 523-3000

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed Sunday and Monday

Government House Museum & Heritage Property
4607 Dewdney Ave.
9 a.m. to 4 p.m.; closed Mondays.









EVENTS

RCMP Heritage Centre
5907 Dewdney Ave
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-777-7714)

Saskatchewan Military Museum
1600 Elphinstone St
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9349)

Saskatchewan Science Centre
2903 Powerhouse Dr
Tuesday-Friday 9 a.m.-5 p.m. Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
2205 Victoria Ave
Monday-Friday 10 a.m.-4:30 p.m. Saturday noon-5 p.m.
Closed Sunday

FILM

The Box of Eris
Globe Theatre School's Film Class Screening
April 14, 7:30 p.m.
Creative City Centre
1843 Hamilton St.

NEW MOVIES

Draft Day
Drama
On the day of the NFL Draft, general manager Sonny Weaver (Kevin Costner) has the opportunity to save football in Cleveland when he trades for the No. 1 pick. He must decide what he's willing to sacrifice in pursuit of perfection.

Rio 2
Family
Blu, Jewel and their three kids are living the perfect domesticated life in Rio da Janeiro. When Jewel decides the kids need to learn to live like real birds, she insists the family venture into the Amazon.

Oculus
Horror
Ten years ago, teenage siblings Tim and Kaylie Russell's parents were brutally murdered, Tim was convicted in their deaths. Now in his 20s, is released from a mental institution and Kaylie wants to clear his name. She's convinced an antique mirror in their childhood home unleashed a malevolent supernatural force that killed their parents.

The Railway Man
Drama
In 1983, quiet, middle-aged railway enthusiast Eric Lomas (Colin Firth) meets bubbly Patti (Nicole Kidman) on a Scottish train. On their wedding night, Patti finds that her groom has immobilizing nightmares and he won't explain why. Eric's friend Finlay (Stellan Skarsgård) tells her Eric's secret: During the Second World War, he was forced to work on the construction of the Thailand-Burma Railway and was brutally tortured by a Japanese officer.

Galaxy Cinemas
420 McCarthy Blvd. N.
306-522-9098

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon Rd., 306-585-3383

Rainbow Cinemas
Golden Mile Shopping Centre
3806 Albert St., 306-359-5250

Tim's Vermeer
Documentary
Inventor Tim Jenison seeks to understand the painting techniques used by Dutch Master Johannes Vermeer.

Escape from Tomorrow
Fantasy/Horror
A middle-aged American husband and father of two loses his job. Keeping the news to himself, he packs up the family and embarks on a day at an amusement park. The fantasy land around him begins to haunt him and becomes a darkly comic nightmare.

Bad Seed
Documentary
Can cannabis and hemp improve the quality of life of people suffering from a wide range of symptoms and illnesses? Is cannabis a bad seed, or have its health benefits been suppressed by government, law enforcement and corporate manipulation? Local filmmaker Shayne Metcalfe delves into the history of cannabis prohibition in Canada, the United States and Mexico over the past century.

Regina Public Library Theatre
2311 12th Ave., 306-777-6104

Flight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico.

Kenya: Animal Kingdom
Documentary
Discover Kenya's famous fauna in their natural habitat, including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

Island of Lemurs: Madagascar
Documentary
Join scientist Patricia Wright on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Kramer Imax
2903 Powerhouse Dr
306-522-4629

Event listings are a free community service offered by QC. Listings will be printed if space permits.

WINE WORLD

ITALIAN RED

Valpolicella: a comfort wine to soothe the soul

By James Romanow



A friend of mine was once going through a particularly nasty bit of online bullying by elderly feminists. I told him to let it go, and to remember there's always Valpolicella. He wrote back to say he was opening a bottle that night.

Valpolicella is one of the pillars of the Italian wine industry. It is grown on a little inland from Venice around Verona, a town mainly known for Shakespearean cross-dressing. The altitude is about 300 metres there. The climate has warm days and cool nights and great drainage, all of which make for perfect grape growing.

The varietals in question are primarily rondinella, molinara and corvina with a couple of other even more obscure grapes thrown in. The wine tends to be tremendously smooth, with a black cherry palate, and less herbs than you find in other Italian wines. The acidity is bracing and the finish tastes slightly of bitter almonds.

These days the wine is almost rare. In fact there are only three on the shelves and only one Classico by Bolla. A winemaker gets a premium for turning Valpolicella into ripasso and Amarone, and this in turn is absorbing the majority of the wine produced.

Valpolicella is an inexpensive, modest wine. It isn't asking for a great deal of attention. It is rather a Jeeves sort of wine, that understands occasionally you just need to relax and enjoy yourself. If your goal is to tease out black current notes in the palate feel free, but that's not the point. This is a comfort wine.

In short this is probably one of the most soothing red wines to drink with pretty much anything from tomato sauce to steak.

Bolla Valpolicella, Italy 2012, $14 ****

More great wines in Monday's paper and on Twitter @drbooze

Crossword/Sudoku answers

C	H	E		G	R	A	M	S		E	P	S	O	M
H	E	M		C	E	L	I	A		R	O	U	T	E
A	Y	E		H	E	L	L	I	F	I	K	N	O	W
M	Y	R	I	A	D			D	A	T	E	S		
P	O	I	N	T		I	M	S	T	U	M	P	E	D
S	U	L	K		A	D	I	O	S		O	O	Z	E
			S	H	R	E	D			I	N	T	R	A
G	A	S		B	E	A	T	S	M	E		S	A	D
O	U	T	G	O			E	L	U	D	E			
O	T	O	E		A	E	R	O	S		D	E	A	R
D	O	N	T	A	S	K	M	E		F	I	R	M	A
			E	E	R	I	E		J	E	T	S	E	T
I	H	A	V	E	N	O	C	L	U	E		A	C	T
R	O	G	E	T		U	P	E	N	D		T	H	E
K	E	E	N	E		T	A	N	K	S		Z	E	D

7	5	1	3	9	4	8	6	2
4	9	8	1	2	6	7	5	3
2	6	3	8	5	7	4	9	1
1	7	6	2	4	9	3	8	5
3	2	5	6	8	1	9	7	4
8	4	9	5	7	3	2	1	6
9	3	7	4	6	5	1	2	8
5	1	2	7	3	8	6	4	9
6	8	4	9	1	2	5	3	7

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages

Children can colour the page have a picture taken with the finished product and email it to **qc@leaderpost.com.** One winner will be chosen each week.

Please send **high-resolution pictures and include the child's name and contact information.**



Last week's QC colouring contest winner was **Hailey Buendia.** Congratulations! Thanks to all for your colourful submissions Try again this week!



INVENTORY

We want to hear from you: Tell us about your local business.
Email QC@leaderpost.com

ECHO BELLA BOUTIQUE

Shopping a few years ago in Calgary's trendy Kensington area, Bobbi Larrio was blown away by one particular store. She wondered how she could come away with so many awesome designer pieces for only $500 — until she was given a business card labelled "consignment."

She was surprised. She'd been to second-hand stores as a child, a negative experience for the stigma of wearing used clothes.

But the idea was planted and Larrio opened her own consignment shop last February, with the goal of showing people that "second-hand can be this good." Larrio's goal is to offer a store full of designer items bringing "big city consignment" shopping to Regina.

Visit Echo Bella Boutique at 2347 McIntyre St. Saturday through Thursday (closed Fridays).

1. HALLMARK HANDBAG: Louis Vuitton Neverfull MM monogram purse, brand new $1,000.

2. STEP RIGHT: Louboutin shoes, worn once. Retails at $1,100, priced at $650.

3. SPECTACULAR SPECTACLES: Tiffany sunglasses, retail at $900, priced at $200.

4. CARRY ALL: Michael Kors designer series tote bag, stamped leather with gold lining. Retails at $1,400, priced at $450.

5. HIP JERSEY: Tory Burch sweater, retails at $300, priced at $79.

QC PHOTOS BY DON HEALY











READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

JENNY SPARKS

Working toward creating a life you love

As a young mother of two toddlers, I reached a WTF moment when I realized I was out of shape, sleep deprived, disconnected, and barely surviving the pace of my chaotic lifestyle. I knew I was not happy, that I felt lost and uncertain, and that it was time for a change. But, I had no idea where to start so I started with myself. Doing so turned out to be key.

I was done neglecting my health and wellness for an extended list of things "to do." I was done ignoring my intuition and moving through life on autopilot. I wanted to walk through life awake! It was time to take back control and create a life I loved. I craved a healthier lifestyle and I wanted more time to spend with my two children. I wanted to feel like I was in control of my own life and I was committed to making the change.

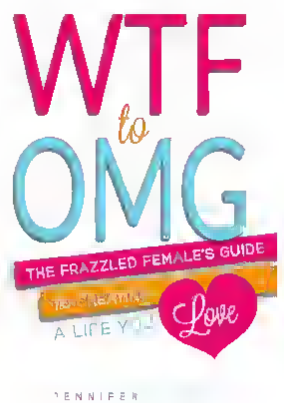
Fast forward 10 years and I have moved my life from WTF to OMG despite the curve balls that have come my way. Things happen that you do not expect, that is the nature of life. But how prepared you are for the challenges makes all the difference in the quality of your life. I wanted to write this book and share lifestyle strategies (through story telling) to demonstrate how powerful a healthy mindset can be when creating a life you love. I know many people are struggling like I was and it is more common than I ever imagined. I wasn't alone and neither are you. The intention behind WTF to OMG was to create a book that could come to life through your actions. Using storytelling, I give examples of why a mindset shift matters. The SWIFTKICK tips and downloadable Companion Journal (and other programs) present tools for how you can move from one place to another. But in the end, nothing changes until you act.



Jenny Sparks

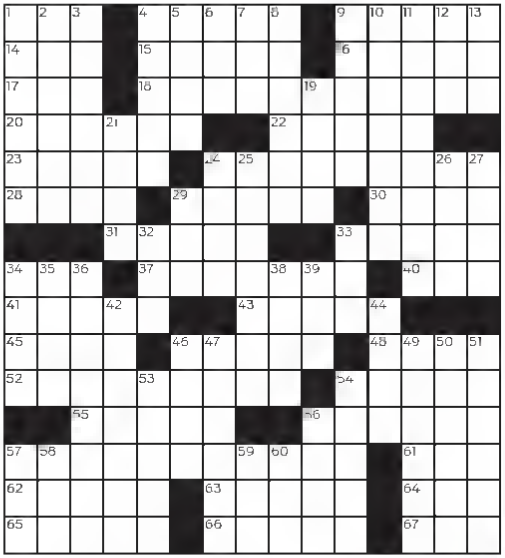
I am a teacher certified personal trainer and lifestyle coach, Ironman triathlete, and single mother. I launched new programs in January, including 'The Book Club' hosted at d'Lish in Saskatoon Sunday evenings. For more information about my programs and services, please visit www.wtfomgbook.com.

Books are available locally at McNally Robinson, d'Lish by Tish Café on 14th Street, Just For You Day Spa (Saskatoon and Regina), and Amazon.com.



CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



PUZZLE BY EVAN BIRNHOLZ

ACROSS

1 Beret-sporting rebel familiarly
4 Nutrition label units
9 Town with an eponymous derby
14 Bottom line?
15 Cuban salsa singer Cruz
16 Wide receiver's pattern
17 Assent on the Hill
18
20 More than a lot
22 eHarmony users hopes
23 Graph marking
24
28 Act the sore loser say
29 "Ciao, amigo!"
30 Move like the Blob
31 Render unreadable in a way
33 Prefix with mural
34 Many a noble element
37
40 Bummed out
41 Money spent
43 Avo. dias a tag
45 Slovan tribesman
46 Flying machines, quaintly
48 Letter starter
52
54 Terra ___
55 Like "Goosebumps" tales
56 High-flying socialites
57 Phrase that defines (and describes) 16- 24- 37- and 52-Across
61 Create some drama
62 Reference work next to Bartlett's, maybe
63 Flip
64 Not just "a"
65 Nancy Drew creator Carolyn
66 Aquaria
67 Last letter in "Boz"

DOWN

1 Trophy winners
2 "Psst!"
3 Kick it up a notch" TV chef
4 Popular instant messaging app
5 One of two in an English horn
6 What a gimel means on a dreidel
7 "Cool" amount
8 Dictated, as a parent might
9 Aria title that means "It was you"
10 Late 1990s fad
11 They have umbras and penumbras
12 Ear-related prefix
13 Sound from an Abyssinian
19 Domino often played?
21 Tattoo parlor supply
24 It may be bounced off someone
25 Like half of all congressional elections
26 Cornell of Cornell University
27 Out of juice
29 Word often abbreviated to its middle letter in texts
32 "Game of Thrones" network
33 Roadside bomb briefly
34 Tasty
35 Prefix with plot
36 Fred and Barney's time
38 Plum relative
39 Conservatory student's maj.
42 Exact revenge
44 Mark one's words?
46 Words clarifying a spelling
47 Barely make
49 Like Splenda vis-à-vis sugar
50 Don of "Trading Places"
51 Squealed on, with "out"
53 Glacial ridge
54 Satellite broadcasts
56 Kind of mall or bond
57 Rub the wrong way
58 Furrow maker
59 Pro that may be replaced by TurboTax
60 "Total Recall" director Wiseman

JANRIC CLASSIC SUDOKU

Level: BRONZE

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

7	5		3					
4		8	1	2		7	5	
						4		1
		6		4		3	8	
3	2			8			7	4
	4	9		7		2		
9		7						
	1	2		3	8	6		9
					2		3	7

Solution to the crossword puzzle and the Sudoku can be found on Page 14





SHARP EATS

See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

#SASKATCHEWAN FOOD TRENDS

Tea time: Cafes bring European ritual to the Prairies

By Jenn Sharp

Drinking tea is such a pleasant ritual, and one I think should be incorporated more often into the day.

Alongside the growing coffee culture (people who appreciate a well crafted cup made from quality beans), the tea trend has been booming for years. So much so that on a recent weekend in Vancouver, I stumbled upon the O5 Rare Tea Bar. The tea menu was huge and listed tasting notes for each variety. Servers demonstrated the complex ritual of their tea-making skills at a long bar for customers who had taken time out from a busy day for a cuppa.

It's fitting then, that as I write this, I'm sipping a cup of tea from Museo in Saskatoon — a coffee bar and coffee roaster — that makes a mean cup of chai.

Tea has been around for centuries, and there's definitely many who would not consider themselves trendsetters for drinking the beverage. For those who are just discovering it, tea drinking is like entering a whole new (and much more relaxed) world.

In Regina, the Vintage Tea Room and Purveyor of British Goods is a cheery respite from the daily grind. Owners Doug and Karen Howden have created an inviting atmosphere that feels like you're sitting in their living room.

Over 30 teas are on offer and all are reasonably priced (a small pot is $2.75, a large is $3). It's all served in authentic British tea sets, most of which were donated or sourced by Karen at flea markets.

A rotating selection of desserts are always available (English toffee pudding is the best seller), along with soups, sandwiches and British favourites like a cheese and Branston pickle sandwich.

The far wall of the tea room is dedicated to a small range of imported foods from the United Kingdom. A rare portrait of Winston Churchill occupies a different wall, while one of the Royal Family during their 1939 visit to Canada is on another.

For special occasions or a delightful afternoon out with friends, Victorian ($16.55) or Royal Teas can be reserved. Both include finger sandwiches, scones, Devon cream, jam and assorted pastries. The Royal Tea ($21.95) is served on the finest silver tea service and china.





Tea time at Little Bird Patisserie and Cafe. QC PHOTOS BY MICHELLE BERG





The Vintage Tea Room stocks over 30 tea varieties. QC PHOTO BY TROY FLEECE

SHARP EATS







The pastry options are endless at Little Bird QC PHOTOS BY MICHELLE BERG







Antique cups abound at The Vintage Tea Room QC PHOTOS BY TROY FLEECE

It's a popular place and is often full to capacity over the noon hour. I visited one afternoon for a pot of the Cream Earl Grey and found the Howdens doing a brisk business then as well. It's probably because the couple makes you feel right at home — just what you need to really enjoy a spot of tea.

A new café in Saskatoon is easily one of the prettiest places in the city. Kim Butcher and Tasha Altman opened Little Bird Patisserie and Cafe in December. The attention to detail here is astounding. Vintage touches like the tufted Victorian style sofas in the corners, work seamlessly with table numbers contained within tiny ornate photo frames. Floor to ceiling west facing windows bathe the space in natural light all day long.

Undoubtedly, Little Bird's main draw is a large display case where all the house made European pastries from tarts to eclairs and macaroons, are laid out in all their glory. The French style macarons have quickly become so popular you have to get there early in the day if you want to try one.

The reason I love this place so much though is the big tea menu wall. Butcher like me, is not a coffee drinker. A "tea granny at heart" she wanted to bring high quality teas to Saskatoon along with a beautiful place to drink them. Little Bird's tea is from Bellocq Tea Atelier, a company that specializes in artisan blends all organic and without artificial flavours.

I tried the Etoile De L'inde, a tropical blend of green tea, passion fruit, rose and marigold. Once summer arrives Little Bird will be making non-alcoholic tea cocktails with fresh juices. And after a British high tea service Little Bird is offering for Mother's Day watch for future Paris tea room style events.

Oh yes there's also coffee at Little Bird — French press or pour over — but no espresso. It was a conscious choice, says Butcher. There are a lot of excellent cafes in the neighbourhood already all of which make a mean cup of coffee. Little Bird is sticking to what it's good at and that's just fine by me.

Find The Vintage Tea Room at 405 Broad St. in Regina. Wild Bird Patisserie and Café is at 258 Ave. B S. in Saskatoon. There's street access or take a walk through the Anthology Home Collection store.

jksharp@thestarphoenix.com
Twitter.com/JennKSharp

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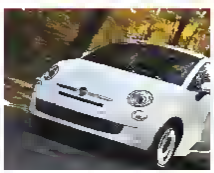


500 ABARTH

"Engineered for drivers with a passion for performance, the FIAT 500 Abarth puts legendary racing heritage into an exhilarating track-ready package with modern styling and a long list of standard comfort and technology features. Turbocharged, lowered and tuned, with 160 horsepower and 170 lb-ft of torque, the FIAT 500 Abarth is built to deliver non-stop driving thrills."

starting from $21,995*

$136* Bi-weekly



500 POP

The Fiat 500 POP is irresistible, affordable fun. And a surprising long list of standard features including power windows, locks and mirrors, 4 speaker AM/FM/CD/MP3 audio system, electronic vehicle information centre and more.

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500 SPORT

If you get bored watching from the sidelines, Sport has a position open for you in a part-cloth or leather trimmed seat. Standard features include 16 inch aluminum alloy wheels and leather-wrapped sport steering wheel.

starting from $14,995* **$83* Bi-weekly**



500 LOUNGE

The Fiat 500 Lounge makes style look effortless. It's all about classic comfort, also inspired taste from the leather-faced seats to the panoramic glass roof. Standard features also include automatic temperature control, leather-wrapped steering wheel and security alarm system.

starting from $16,495* **$92* Bi-weekly**



500 TURBO

We took everything there is to love about the FIAT 500 and then cranked it up-starting with a supercharger that boosts the horsepower by 34%. Then we tuned the performance and tweaked the styling to match!

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500 LOUNGE CABRIO

Timeless styling, luxurious leather faced seats and leather wrapped steering wheel complement the standard automatic temperature control along with electrically operated convertible top.

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*O.A.C. Some restrictions may apply. Destination charges, taxes & fees extra. Rebates to dealer.

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